CONCRETE SEALING
Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.
Please call Kilbco to maintain the value of your investment.
FREE ESTIMATES
SEALED UNSEALED

Check out our Spring Ice Programs
CanSkate • PreCanSkate • PrePower • TestLevel Figure
Starting May 9 • June 16, 2017 • Tues-Thurs 4-8PM
CanPower starting May 10 • June 14 • Weds 4-5:45PM
SEE OUR WEBSITE FOR SCHEDULES AND PRICES

Don’t sit around in waiting rooms. MINIMIZE YOUR EXPOSURE!
Services provided to family practice and walk-in patients. Call us any Monday - Saturday to get a same day appointment. Phone lines open at 8 a.m.

Women’s Health Appointments AVAILABLE WEEKLY
Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Tedman Donovan PODIATRY PRACTICE
For all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts, Corns, Calluses & Warts, Shockwave Therapy, Available. Diabetic Foot Care and Routine Foot Care.

Migraines
CONSULTS AND TREATMENTS

www.jafferyoptical.com
Jaffery Optical - Braeside Center
#25B - 11440 Braeside Dr. SW
Calgary, AB T2W 3N4
Ph: 403-452-1273
www.ajafferyoptical.com
Jaffery Optical - Midnapore
256 - 22 Midlake Blvd SE
Calgary, AB T2X 2X7
Ph: 403-984-3275

Brad 403.875.8463 | Stephen 403.478.1737
## IMPORTANT NUMBERS

<table>
<thead>
<tr>
<th>ALL EMERGENCY CALLS</th>
<th>911</th>
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<tbody>
<tr>
<td>Alberta Adolescent Recovery Centre</td>
<td>403-253-5250</td>
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<tr>
<td>Alberta Health Care</td>
<td>403-310-0000</td>
</tr>
<tr>
<td>AHS Addictions Hotline</td>
<td>1-866-332-2322</td>
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<tr>
<td>ATCO Gas – 24 Hour Emergency</td>
<td>403-245-7222</td>
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<tr>
<td>Calgary HEALTH LINK 24/7</td>
<td>811</td>
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<tr>
<td>Calgary Police – Non Emergency</td>
<td>403-266-1234</td>
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<tr>
<td>Calgary Women’s Emergency Shelter</td>
<td>403-234-7233</td>
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<td>Child Abuse Hotline</td>
<td>1-800-387-5437</td>
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<tr>
<td>Kids Help Line</td>
<td>1-800-668-6868</td>
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<tr>
<td>Child Safe Canada</td>
<td>403-202-5900</td>
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<tr>
<td>Distress/Crisis Line</td>
<td>403-266-4357</td>
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<tr>
<td>ENMAX – Power Trouble</td>
<td>403-514-6100</td>
</tr>
<tr>
<td>Poison Centre - Alberta</td>
<td>1-800-332-1414</td>
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## HOSPITALS / URGENT CARE

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<tbody>
<tr>
<td>Alberta Children’s Hospital</td>
<td>403-955-7211</td>
</tr>
<tr>
<td>Foothills Hospital</td>
<td>403-944-1110</td>
</tr>
<tr>
<td>Peter Lougheed Centre</td>
<td>403-943-4555</td>
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<tr>
<td>Rockyview General Hospital</td>
<td>403-943-3000</td>
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<tr>
<td>Sheldon M. Chumir Health Centre</td>
<td>403-955-6200</td>
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<tr>
<td>South Calgary Urgent Care Health Centre</td>
<td>403-943-9300</td>
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<tr>
<td>South Health Campus</td>
<td>403-956-1111</td>
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## OTHER

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
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<tr>
<td>Calgary Humane Society</td>
<td>403-205-4455</td>
</tr>
<tr>
<td>Calgary Parking Authority</td>
<td>403-537-7000</td>
</tr>
<tr>
<td>SeniorConnect</td>
<td>403-266-6200</td>
</tr>
<tr>
<td>Calgary Kerby Elder Abuse Line</td>
<td>403-705-3250</td>
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<tr>
<td>Alberta One-Call Corporation</td>
<td>1-800-242-3447</td>
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<tr>
<td>City of Calgary</td>
<td>311</td>
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<tr>
<td>Social Service Info &amp; Referral</td>
<td>211</td>
</tr>
<tr>
<td>Community Mediation Calgary Society</td>
<td>403-269-2707</td>
</tr>
<tr>
<td>RNR Lockworks Ltd.</td>
<td>403-479-6161</td>
</tr>
<tr>
<td>Road Conditions – Calgary</td>
<td>511</td>
</tr>
<tr>
<td>Gamblers Anonymous</td>
<td>403-237-0654</td>
</tr>
</tbody>
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The City of Calgary’s This Is My Neighbourhood (TIMN) program has started the process of developing our community vision. First, every household in Chaparral will be receiving a postcard introducing the TIMN program and seeking input on YOUR vision of Chaparral. Completed postcards can be dropped off in the main lobby of the Primary Care Network building located on 194 Ave. at Chaparral (across from the Chaparral Carwash) or at either local elementary school; Chaparral Elementary or St. Sebastian either in person or via your child. Second, in the coming months, you will see representatives from the City and the volunteers from the community association out and about at various community events again seeking your input. We will be attending community events like the community cleanup on June 18th, the Stampede Kickoff on June 24th, school events, block parties and hosting focus group sessions. Your feedback will help the development of a clear, compelling community vision that will help guide future delivery of City programs, services and small-scale infrastructure improvements. TIMN will give residents a voice and encourages us to take an active role in shaping the future of our neighbourhood.

Speaker Series
The Chartered Professional Accountants of Canada (CPA Canada) has introduced a Financial Literacy Program – a community-based program that provides free financial literacy education sessions to help improve financial decision making skills. We are pleased to present a first in this series entitled Ten Healthy Habits for Financial Management on Tuesday April 24th from 7-8PM.

I had the opportunity to attend this session in back in February thinking it would be a good idea to check it out on behalf of the community association in advance of presenting to you. To my surprise, I got so much more out of it than I expected and have already put money in my pocket by trying a few of the helpful tips shared. I plan to attend this session again, this time bringing my young children to hear this invaluable advice. As parents, we try to teach good financial habits to our children, but just like other things in life they either need to hear it from someone else or learn the hard way. By attending this session and hearing good advice I can’t help but think they will be further ahead in learning to take control of their finances. So please come by for this session, bring a friend, partner or the young adult in your life. We look forward to seeing you there.

Community Clean up
The Chaparral Community Association will be hosting a community cleanup on June 18th from 9am-2pm. The volunteers from your board of directors will meet the minimum number of volunteers to accommodate the minimum number of items to be collected at this clean-up which includes three packer trucks with crews (two for waste and one for organic materials).

We also could add various other recyclers to this event but will need volunteers to secure the organizations to attend. The following are potential items for recycling: Electronics, Metal, Tires, Paint, Household items, Bicycle Recycling. Paint, Car seats and/or Book donations to Calgary Reads

We would love to add any or all of the above categories for recycling and we need you to make it happen. Please contact Lynette at president@chaparralcommunity.com for more information.

Great Photos of Chaparral Wanted!
High resolution, seasonal, and community/lake related photos would be greatly appreciated and will be considered for our cover, and inside our community publication. Please submit your photos to Lynette at editor@chaparralcommunity.com.

PRESIDENT’S MESSAGE by Lynette Javaheri

COMMUNITY ASSOCIATION CONTACTS

CCA BOARD OF DIRECTORS

President Lynette Javaheri president@chaparralcommunity.com
Vice President Cory Exner vpc@chaparralcommunity.com
Treasurer Fazeel Elahi treasurer@chaparralcommunity.com
Membership Thomas Wimmer memberships@chaparralcommunity.com
Education Lawrence King education@chaparralcommunity.com
City of Calgary Liaison Marilyn Houston city@chaparralcommunity.com
Traffic Committee Dee Treder traffic@chaparralcommunity.com
Safe Communities Jonathan Weal safecommunities@chaparralcommunity.com
Director Racim Gribaa director2@chaparralcommunity.com

LAKE CHAPARRAL CONTACTS (NOT CCA)

Volunteer Coordinator OPEN
Events Coordinator OPEN
Trailblazer and Website Editor Lynette Javaheri editor@chaparralcommunity.com
Sports and Recreation OPEN
Planning and Development Lynette Javaheri planning@chaparralcommunity.com
CCA Representative for SFCRA Joel Irwin sfcra@chaparralcommunity.com
CCA Representative for Trico Thomas Wimmer memberships@chaparralcommunity.com
BFI Community Liaison Cory Exner clc@chaparralcommunity.com
Community Garden Jolene Ottoens chaparralgreenthumbs@gmail.com
Safe Communities Initiative Jonathan Weal safecommunities@chaparralcommunity.com
Condominium Liaison Dee Treder condos@chaparralcommunity.com
Chaparral Valley Representatives OPEN valley@chaparralcommunity.com
Chaparral Ridge Representative OPEN lake@chaparralcommunity.com
Lake Chaparral Representative Anton Ortvchinnikov lake@chaparralcommunity.com

LAKE CHAPARRAL CONTACTS (NOT CCA)

Facility Director Nancy Farah manager@lakechap.ca
Administration Raquel Smith office@lakechap.ca
Board President Murray Hunt president@lakechap.ca
Board of Directors General email cra@lakechap.ca
Ten Healthy Habits for Financial Management

How can you make sure you’re doing all you need to manage your finances? Come listen to a Chartered Professional Accountant give tips on ways to develop healthy financial habits.

First 30 people only

Time: Tuesday April 24th at 7 PM (Doors open at 6:30)

Wellness.

As the first in the Chaparral Community Associations’ Speaker Series, Lisa Mathews (CPA) will speak to those habits that she and other accountants recognize as the path to financial wellness.

CCA 2016/2017 MEETINGS

All residents from Chaparral Lake, Ridge and Valley are welcome to attend the Community Association meetings. Meetings take place the 2nd Tuesday of every month, except December, July & August.

St. Sebastian Elementary
65 Chaparral Drive SE
7:00 – 9:00 PM
April 11th
May 9th
AGM
June 13th

FREE SPRING COMPOSTING

What’s old is new again when composting yard waste. From April 7 – May 28, all three City landfills will waive fees for residential spring yard waste. Bring your leaves, branches, plants (no sod – it can’t be composted) and other yard waste to any City landfill for free composting.

Please use paper yard waste bags, leave the material loose or bring it in plastic bags (plastic bags must be emptied onsite). This program is only for residential customers and charges will apply if your load contains other items.

By composting your yard waste, this material is kept out of the landfill and given a second life as compost.

To find a City landfill for free composting, check the days/hours of and other program details at calgary.ca/yardwaste.

Sports and Recreation Coordinator:
This position would entail liaising with local community sport associations, compiling any relevant registration events, AGMs, major tournaments, fundraisers or championships that would be of interest to the community. Information would be shared through various community association communication avenues including our newsletter (Trailblazer), website and social media. A perfect position to serve the community from home.

Babysitting Lists Coordinator: This position is responsible for keeping the list of community babysitters up to date and corresponding with residents looking for a babysitter. Little time commitment required.

Events:
Community Clean-up volunteers: The CCA has been approved to host a City of Calgary community clean-up day for Sunday June 18th and needs volunteers in order to make it happen.

Speaker Series Coordinator: The CCA is hosting a speaker series program in 2017. The first few topics are already in the queue but we are seeking a volunteer who would like to continue to seek new speakers/topics.

If you are interested in more information for any of these positions or have an idea of your own contact Lynette at president@chaparralcommunity.com

If you are interested in more information for any of these positions or have an idea of your own contact Lynette at president@chaparralcommunity.com

ST. PAUL’S ANGELICAN CHURCH

April 9: Palm Sunday Procession & the Paschal 8:30 & 10:00 am

Monday, April 10: Celtic Service 7:30 pm

Tuesday, April 11: Easter 8:30 pm Compline @ the Midnapore Chapel

Wednesday, April 12: Good Friday 7:30 pm Tenebrae

Maundy Thursday, April 13: 7:30 pm Holy Eucharist

April 14: Good Friday: 7:30 pm (for children) & 11:00 am

Saturday, April 15: Easter Vigil 8:30 pm Easter Services of Holy Eucharist

Regular Sunday Services 8:30 & 10 am – Everyone Welcome!

Join our email list by subscribing at chaparralcommunity.com

Follow us on twitter @chaparralca

Find us on Facebook @ chaparralca

Visit our website at chaparralcommunity.com

www.CalgaryWellness.com

“Deerfoot Carpet & Flooring”

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Carpet Hardwood Tile Vinyl Laminate

6170 12th St SE

“Deerfoot Carpet & Flooring”

www.deerfootcarpet.com

CONNECT TO THE CHAPARRAL COMMUNITY ASSOCIATION:

403.256.1428

www.stpaulscalgary.ca

www.facebook.com/stpaulscalgary

www.twitter.com/stpaulscalgary
For some gardeners, regular maintenance is part of the joy of gardening and the time and expense of maintaining a regular watering schedule is not an issue. They are the kinds of people who can keep plants that require constant moisture happy and lush, and I applaud them, but know that I will probably never be one. I enjoy having a garden, but I am fickle and one week I will dote on it, while the next week ignore it completely, so I need plants that will be okay with that. I also try my best to conserve water, collecting water in rain barrels and watering by hand, so I only want to have to do that so often. When you add surviving our cold winters to the plant’s list of requirements, you soon discover that only certain plants will thrive in those conditions.

For a number of years now the City of Calgary has partnered with the Horticultural Society to produce a series of “Yard Smart” guides that offer tips on planning water-wise and low maintenance yards. Back in 2013 they published a short list of hardy perennials that should thrive in Calgary’s climate once established (two seasons), requiring no irrigation beyond our annual rainfall. The perennials they suggested were:

### Blue Flax (Linum Perenne)

Slender, fern-like stalks rise from compact mounds bearing loads of sky blue flowers. It’s a prolific self-seeder in an unmulched bed, but unwanted plants are easily weeded out. It is versatile in all soils, as long as they are well drained. Full sun.

### Daylily (Hemerocallis spp.)

This species has grassy foliage with individual blooms that only last for a day. Many cultivators are available in a wide range of colour and blooming times throughout the season. Full sun to partial shade.

### Gas Plant (Dictamnus albus)

Clusters of pink or white flowers with a pungent lemony fragrance in June and glossy dark green leaves make this a great middle-of-the-bed plant for early summer blooming. A slow grower, it has deep taproots that make it drought tolerant when established. It prefers fertile loamy soil. Full sun.

### Globe Thistle (Echinops ritro)

This is a large plant with deeply cut leaves that are silvery-white underneath and stalks with steel-blue, prickly globes that are a magnet for bees and butterflies in late summer. With a deep branching taproot system, the species does best in average, well-drained soils. Full sun to partial shade.

### Iceland Poppy (Papaver nudicaule)

This self-seeding poppy has slender stems and paper-thin flowers in orange, yellow and cream, and blooms freely throughout the growing season. It thrives in all soil conditions and is remarkably drought resistant. Full sun.

### Stonecrop or Sedum (Sedum spp.)

This species is a large group of succulent plants ranging from low groundcovers through tall upright cultivators. Autumn Joy is a staple for the fall bed with stiff stems topped with rose coloured flowers, but there are many new cultivars on the market to incorporate into your garden. It prefers well drained, light soil. Full sun to partial shade.

In recent years the City has revised and added to their list, featuring the top picks of horticulturist Kath Smyth. The list is considerably longer now, but they are all still plants that are native or well-adapted to Calgary’s zone 3 growing conditions, and should survive with little water once established.

### For sunny locations

- 'Karl Foerster' Feather Reed Grass
- 'Eljiah Blue' Blue Fescue
- 'David' Phlox
- 'Fire Witch' Dianthus
- Baptisia
- 'Goldsturm' Black-Eyed Susan
- 'Magnus' Purple Coneflower
- 'May Night' Salvia
- 'Husker Red' Penstemon
- Russian Sage
- Common Peony
- Clusted Bellflower
- Silver Mound
- 'Kobold' Blazing Star
- 'Stella d’Oro' Daylily

As you can see, this list is considerably more extensive and in the brochure they provide photos and information about the plants as well as information about the size it will reach in maturity. They also offer suggestions of which plants and shrubs would look best together, leaving you with not only a water-wise, but well-designed look.

A digital copy of this brochure and many others can be found at calgary.ca/yardsmart.

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

If you are interested in more information or curious about upcoming events, email us at chaparralgreenthumbs@gmail.com.
What is the difference between the Chaparral Community Association (CCA) and the Chaparral Residents Association (CRA)?

The Chaparral Community Association is a volunteer run organization that represents the residents of Lake Chaparral, Chaparral Ridge and Chaparral Valley. Your Community Association is the recognized body that liaises with government officials, expresses resident concerns regarding commercial, industrial and residential land use development and represents the position of residents on education, transportation, environmental and infrastructure issues.

The CCA supports organized sports, community programs and social programs. The CCA supports and publishes the community publication The Trailblazer to help keep you better informed. For inquires please see the list of CCA volunteers in the Trailblazer or email ask@chaparralcommunity.com. Membership is a voluntary $20 per year.

The Chaparral Residents Association is the association that governs the private membership of Lake Chaparral and its facilities. Each home within the Lake Chaparral community is encumbered to pay an annual membership due to the CRA. The annual dues are utilized for the day to day operations of the lake property and all of its facilities, the maintenance of entryway features of the community, maintaining an appropriate reserve fund and making long term planning decisions for the lake and its assets. The CRA employs a facility director, Nancy Connors, under the direction of a volunteer Board of Directors.

For inquires about the Lake Chaparral Park and Recreation Centre please contact the Lake Chaparral Residents Association at 403-254-4148 or visit their website at lakechap.ca.

Happy Spring!

Spring is always an exciting season at Calgary Humane Society. At the shelter our dog walkers are thrilled to say ‘goodbye’ to all the snow and our dogs are even more thrilled to say ‘hello’ to all the mud! Thankfully we have some top notch volunteer groomers who keep all our furry friends spic and span. Spring also marks a rush of activity for our animal admissions staff. Spring is our busiest season at Calgary Humane Society, in part due to an increase in lost and stray animals.

Having a cherished family pet go missing is extremely stressful, but there are a number of steps you can take to bring Fido or Fluffy home safe and sound.

1. Start making lost reports. When you call, provide as much information as you can about where and when your pet was lost and provide a good description of your pet. The following organizations are a good starting point for lost reports. Make sure to check the lost and found section of the City of Calgary and CHS website as well!
   - Calgary Humane Society Animal Admissions: 403-205-4455
   - City of Calgary Animal Services – 311
   - Post a lost listing on Kijiji/YYC Pet Recovery/Local Buy/Sell websites

2. Check with local veterinary clinics. Many lost pets are found by Good Samaritans and brought to local veterinary clinics.

3. Put out your pet’s things to entice your pet home. Put food, a favorite bed, litterbox and other familiar objects out to help tempt your pet back home.

4. Arrange a search party. Call friends, relatives and neighbours to help search for your pet. Choose the people that your pet is most familiar and friendly with to go out and search.

5. Create lost posters and hang them up. Create lost posters with a picture of your pet. Include a number that you can always be reached at (like a cell phone) on the sign. Hang up the posters in the areas that you think your pet might be, concentrating on areas where lots of people will see the signs.

6. Above all, never lose hope. At Calgary Humane Society we have seen some amazing reunions. We have reunited pets with their family years, and even a decade after they went missing.

Wishing you all a safe and happy spring!
Red Flag Reminder
Check our website at lakechap.ca for current ice/lake conditions, or observe the Flag Warning System posted at the lake/park.
This is quickest way to keep up to date lake notices.

“Red Flag” – Water Front/Lake Ice is Closed or Dangerous.

“Green Flag” – Water Front/Lake is open for use.

Membership Cards and Our New System
As most of you already know, we have a new system that allows you to access your Lake Chaparral account. Go to our website at lakechap.ca, find the link to Ivernet, open the page and click register, if it says that email is already in use, click forgot password and give it a new one. Should you have any questions email Raquel at office@lakechap.ca
With this new system we use the card reader to access our residents into the lake and can no longer look you up if your forget your card. We need your card to allow you access. If you have lost your card please come into the office for a new one. If you have lost your new card, a fee of $5.00 will be charged.

Senior Programs
Senior Games
Monday’s 12-3pm
Attention all seniors! Come out to socialize with your neighbours and friends, play games and enjoy coffee at the lake house. Cost: $1.00/person drop-in

Walking Club
Tuesday’s and Thursday’s 10am-12pm
We meet outside the lake house (by the flags) around 10am to start our walk.
Our walks usually last 1 hour and then we meet inside the lake house for coffee and a visit.
Cost: $0.50/person drop-in
Did you know that 3 laps around the walking path = 2 Kilometers

Winter Programs
Devotion Danceworks
Winter Classes: Monday through Friday (times vary)
Ballet, Jazz, Tap, Hip-Hop
Ages 3 and up
To register and for more information please contact Elizabeth Rieb 403-828-9675
Elizabeth@devotiondanceworks.com
www.devotiondanceworks.com

Young Rembrandts Drawing Program
Winter Classes
Friday’s from 4-7pm
Young Rembrandts teaches drawing to children aged 3 ½ to 12 years. We intentionally offer child-friendly and relevant subject matter to spark children's interest and increase knowledge retention. Our classes are fun, engaging and affordable. Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program. Our unique, proven method and step-by-step curriculum dispel the myth that art is a talent a child has or doesn’t have, and demonstrates that art can be learned by all children.
Check out our website; www.youngrembrandts.com/southernalberta
Email; Calgary@youngrembrandts.com
Phone; 403-457-DRAW (3729)
Winter classes to be announced. Contact the programs for more information.

251st Chaparral Scouts
Tuesday’s 6:15-7:15pm
Wednesday’s 6:15-9:00pm
Beaver Scouts (age 5-7) and Scouts (age 11-14)
Please visit www.scouts.ca for more information.

Dance Fitness
Mondays 7-8pm
Dance like no one else is watching!
Come dance to Latin Rhythms while you sweat! For more info or to register, contact Maya at maya.cerutti@gmail.com

Kripalu Yoga Classes
Winter classes
Tuesday Mornings
Need to recharge, relax, restore; come to Restorative Yoga. Restorative yoga seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body; Suitable for everyone. Very little movement - every gentle.
Wednesday Mornings
Kripalu yoga is a gentle introspective practice that focuses on the intertwining of breath and movement.
For more information and to register please call Tanya at 403-805-6558 or email Tanyayogagirl@gmail.com

Gentle Yoga with Patty
Thursday’s 7-8pm and 8-9pm
To register and for more details please contact Patty Grant; 403-990-9026 or pgrant1@telus.net Find Patty on Facebook: Patty Grant-Yoga Therapy

Mark your calendar for our Easter Event. Take a look at our Facebook or Webpage for the times and information about this family event. Looking forward to seeing you all there; should be another awesome family event.

Programs
Registration for the following programs is done with the individual instructor. Classes are ongoing; full details and class information can be obtained from the instructor. Program schedules are subject to change, please contact the program instructor directly for more details.
“Teenager is not a Disease”

As a parent of two former teenagers I realize how unpredictable they could be at times. On many occasions, they can be so frustrating and mature that you are proud to say they are really yours. I read an interesting article by Jose Ortega Gasset who said: “As a teacher, I felt that I needed to see life through the eyes of my students. What follows is my attempt to do just that. “I have paraphrased his article “I Am A Teenager” and would like to share it with you.

“Of all the wonders on this planet I create the most confidence and create the most confusion. Mothers divide their time between worrying, comforting, scolding and inspiring me. Fathers lecture, train and guide me. The torch will soon be passed to me, and, like my ancestors before, I will carry the fire a little higher up the mountain as we continue our eternal march to the summit of humanity.”

There are times when I am grateful for their wisdom and that I learn from my fresh insights. I realize we don’t love people because they’re perfect, because if we did, we would have no one to love. The continent of undiscovered potential lies before me waiting to be explored. It is there is great hesitancy to entrust me with the family car. While some of us are old enough to vote, all of us are told we are too young to make wise judgements. I am asked to memorize some material in textbooks that will ruin that very future. In my spare time, I have been known to create businesses, start clubs and win competitions without knowing how to clean my bedroom. I hurt feelings with thoughtless remarks in the morning and show compassion with an understanding beyond my years in the afternoon. Sometimes, I mistake possessions for accomplishments, sex for love, conforming to peer pressure for individuality and popularity for success.

During the day, I can get into an intense argument over sports, music or movies and then say something so filled with wisdom that it stops a disagreement between the adults in my family. Then there are those moments of tremendous truth when the ‘ego’ is silent and I look at adults and see where I am going and they look at me and see where they have been. Then I realize I would not be here if it wasn’t for their courage and sacrifice and they come to know that their greatest accomplishment has been to give the world “me.”

The orchid will soon be passed to me, and, like my ancestors before, I will carry the fire a little higher up the mountain as we continue our eternal march to the summit of humanity.”

Until next time, remember that we were all teenagers once and as our parents did, we survived. Take care,

Lawrence King, Director of Education
Greetings from the Community Safety Team of your Calgary Fire Department!

ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

• Always keep a safe distance from riverbanks and lakeshores to avoid accidentally falling through the ice.
• Don’t walk on ice-covered bodies of water, including storm ponds. It’s difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
• If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
• For outdoor skating, only skate on open ice surfaces specifically designated for skating, and on City of Calgary or community rinks; for locations visit http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx

What to do if you fall through ice into water

• Stay calm and try to keep your head out of the water and control your breathing.
• Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
• If you can’t get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.
• If you do witness a person falling through the ice, stay back, do not go onto the ice and call 9-1-1.

For further information please http://www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx

Stay Safe!

Team Palmer
is busy selling Lake Chaparral!

Ken Jason Tannis

REAL ESTATE INFORMATION - FREE

REAL ESTATE SERVICE - PRICELESS!

Lake Chaparral Sales Stats: YEAR TO DATE

<table>
<thead>
<tr>
<th>STYLE</th>
<th>HIGH</th>
<th>LOW</th>
<th>AVG.</th>
<th>AVG DOM</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 STORY/2 SPLIT</td>
<td>665,000</td>
<td>425,000</td>
<td>486,750</td>
<td>45</td>
<td>20</td>
</tr>
<tr>
<td>BUNGALOW</td>
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<tr>
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<td>ATTACHED</td>
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<tr>
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<td>317,500</td>
<td>48</td>
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Chaparral Valley Sales Stats: YEAR TO DATE

<table>
<thead>
<tr>
<th>STYLE</th>
<th>HIGH</th>
<th>LOW</th>
<th>AVG.</th>
<th>AVG DOM</th>
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</thead>
<tbody>
<tr>
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<tr>
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<tr>
<td>CONDO</td>
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<td>326,000</td>
<td>318,167</td>
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Chaparral Ridge Sales Stats: YEAR TO DATE

<table>
<thead>
<tr>
<th>STYLE</th>
<th>HIGH</th>
<th>LOW</th>
<th>AVG.</th>
<th>AVG DOM</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 STORY/2 SPLIT</td>
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<tr>
<td>BI-LEVEL</td>
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<td>-</td>
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<td>-</td>
</tr>
<tr>
<td>4 LEVEL SPLIT</td>
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<tr>
<td>CONDO</td>
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<td>208,200</td>
<td>234,400</td>
<td>77</td>
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Successful, healthy communities are generally those with active and sustained membership and involvement of the community residents. Often a strong membership representation is an indication that our association is serving the needs of the community and is therefore, valued and supported by its residents. Your support today is important and ensures new energy to continually address community issues.

<table>
<thead>
<tr>
<th>What your Community Association does for you…</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Programs and activities put on by the CCA</td>
</tr>
<tr>
<td>(Stampede Kick-off Breakfast, “Winterlude”, to name a few)</td>
</tr>
<tr>
<td>• Social, environmental and civic affairs</td>
</tr>
<tr>
<td>(BFI Public Open House, Drugs in your city awareness presentation, Trailblazer, Traffic &amp; Zoning Issues)</td>
</tr>
<tr>
<td>• Government Liaison</td>
</tr>
<tr>
<td>(With The City of Calgary and Government of Alberta)</td>
</tr>
<tr>
<td>• Weigh-in on Commercial Applications</td>
</tr>
<tr>
<td>(Telus Cell Tower, BFI Canada Inc., Inland Cement and local based businesses)</td>
</tr>
<tr>
<td>• Insurance and Administration</td>
</tr>
<tr>
<td>(Covers annual operating costs and applicable insurance cost to operate yearly)</td>
</tr>
</tbody>
</table>

The Chaparral Community Association has been working hard to cover all the views, opinions, and concerns for all matters pertaining to Lake Chaparral, Chaparral Ridge, and Chaparral Valley outside of the Lake facility (we have nothing to do with Lake operations). We meet on a monthly basis at Lake Chaparral Boat House to address a progressive agenda.

The cost of membership is $20.00 for one year. Without the value of the Community Association, we would not be able to keep you informed of important events and factors affecting our community as a whole. Please consider becoming a member if you are not already one. We are a non-profit organization and your membership goes towards community events, programs, and operating costs as mentioned above.

MEMBERSHIP APPLICATION FORM

<table>
<thead>
<tr>
<th>FAMILY NAME:</th>
<th>(Last name)</th>
<th>(First Name)</th>
<th>(Partner)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOME PHONE:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E-MAIL:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WOULD YOU BE INTERESTED IN VOLUNTEERING?</td>
<td>Social Committee</td>
<td>Fundraising</td>
<td></td>
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<tr>
<td>Board of Directors</td>
<td>Membership Committee</td>
<td>Special Events</td>
<td>School Issues</td>
</tr>
</tbody>
</table>

Support Your Community Association Buy a Membership Today!

$20.00  2017 CCA MEMBERSHIP CARD
Serving Lake Chaparral, Chaparral Ridge and Chaparral Valley

<table>
<thead>
<tr>
<th>Name</th>
<th>(Surname)</th>
<th>(Given Name)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>(Surname)</td>
<td>(Given Name)</td>
</tr>
<tr>
<td>Address</td>
<td>(Surname)</td>
<td>(Given Name)</td>
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<td>Email</td>
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</tr>
<tr>
<td>Cheque#</td>
<td>Cash Receipt #</td>
<td>E-order ref.</td>
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</tbody>
</table>
April at Trico Centre
Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Spring/Summer Program Guide
It is not too late to register for Spring programs. Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs for 12 months to 14 years.

Register now for summer day camps and a great selection of other registered summer programs for children and adults.

Affordable Monthly Continuous Pass
Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:
- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- Additional amenities

Next session: April 5th to June 21st.

Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

Spring/Summer Program Guide
- Artisans in quilting, knitting, crocheting, card making or a “do-as-you-wish” table meet to learn and practice art in a community setting. No experience is required.
- Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!
- Wednesday mornings, 9:00 – 11:00 a.m., next session April 5th to June 21st.
- Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

Residents of partnered communities pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

McDougall United Church, 8516 Athabasca Street S.E. (No religious content, non-denominational)
Artisans in quilting, knitting, crocheting, card making or a “do-as-you-wish” table meet to learn and practice art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

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Lake Chaparral Dental Care
New Patients Welcome ~ Family & Cosmetic Dentistry ~ Sports Guards~Orthodontics

Dr. Silvester Tartal DDS
202 - 10 Chaparral Dr SE
Calgary, AB T2X 3P1

Our team provides gentle health care for all family members
Evening and early morning appointments available

LAKE CHAPARRAL DENTAL CARE
403-278-5272
www.lcdcare.ca

Shine 88.9 FM
Safe & Fun for the Whole Family!

Jesus ... Know Him, Love Him, Follow Him

Midweek Connect in Cranston
Connect with friends and the Word of God
Every Wednesday, from 7:00 – 8:00 p.m.
www.jesus-house.ca

Holmberge@gmail.com • 403-703-8648
www.thmaintenance.net

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April at Trico Centre cont’d

- FREE entry to children’s drop-in activities like Drop-In Playtime
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck
- PASSHOLDER-ONLY discounted monthly continuous childcare pass

Adults/Older Adults
- Adult registered fitness includes Cardio Kickboxing, Cardio Dance, Strong by Zumba, Beginner’s Yoga, Focus on Powerlifting.
- Registered programs for older adults that start in April: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series, Golf Conditioning.
- Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Children & Youth
- Lots of new children’s programs (and old favourites) start in April – check our online registration system for availability.
- After 33 years of children’s programs, basketball games, preschool gymnastics, and badminton, Trico Centre’s gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Fee Assistance
- The Trico Cares program offers fee assistance for passes and admissions. See www.tricocentre.ca for details.
- Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.
The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself. Visit www.hoffmaninstitute.ca to find out how you can,

• Gain better personal relationships
• Renew your enthusiasm for life and vitality
• Create greater emotional resilience
• Have relief from anger and depression
and more...

SPRING 2017
6 week programs
Tiny Toes Princess Ballet - Jazz/Tap/Ballet
Ballet/Jazz - Jazz/Tap
Hip Hop - Musical Theatre

SUMMER DANCE CAMPS
July 10-13, July 17-20
August 14-17, August 21-28
Butterfly Ballet - A Frozen Summer
Happily Ever After - Trio of Dance
Breath Ballet - Welcome to the Circus
Hip Hop Camp

Lake Chaparral Recreation Centre
225 Chaparral Drive SE
Non-Members welcome!

403.828.9675
www.devotiondanceworks.com
elizabeth@devotiondanceworks.com
South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in April. Registration information can be found at www.ahs.ca/shcwellness or call 403-956-3939.

**Provincial Clinical Ethics Week**
April 3-7, 2017
South Health Campus is hosting a public discussion:
Clinical Ethics-How it can help you and your family navigate difficult health decisions
April 4 6:30 pm - 8:00pm
SHC Auditorium

**EMOTIONAL WELL BEING**

- Meditation Drop-in
  Every Tuesday 5:00-5:45pm
- Drumming Up Wellness
  Every Friday 1:30-2:30pm
- HeartMath
  April 6 9:30am-12:00pm
  April 12 6:00-8:30pm
- Mindfulness Practice Sessions
  April 7 12:15-1:15pm
- HeartMath Practice Session
  April 27 10:00-11:00am
- Bouncing Back
  April 27 6:30-7:30pm
- PROFESSIONAL & FINANCIAL MANAGEMENT SKILLS
  Interview Skills
  2-part series begins April 1 9:00am-4:00pm
- Disability Tax Credit & Registered Disability Savings Plan Workshop
  April 20 6:00-8:00pm
- HEALTH MANAGEMENT
  Lyme Disease Education
  April 3 7:00-8:30pm
- Protect Your Health (Heart Attack & Stroke Prevention)
  April 25 6:00-7:00pm

**CAREGIVER SUPPORT**

- Family Peer Support Program
  March 7 or 21 5:45-8:00pm
- PARENTS/PARENTS TO BE
  Nutrition for New Moms
  April 6 1:00-3:00pm
- Healthy Eating for Pregnancy
  April 26 6:30-8:00pm
- Dealing with Feelings
  April 15 10:30-11:30pm
- Story Time & Play Date
  April 21 OR 28 10:00am-11:30pm
- HeartMath Practice Session
  April 27 9:30am-12:00pm
  April 12 6:00-8:30pm

**HEALTH MANAGEMENT**

- Lyme Disease Education
  April 3 7:00-8:30pm
- Protect Your Health (Heart Attack & Stroke Prevention)
  April 25 6:00-7:00pm

**EMPLOYMENT & PLAY DATE**

- April 21 OR 28 10:00am-11:30pm
- Grappling with the Grumblies
  April 29 1:00-1:45pm

**FOOD, NUTRITION & COOKING**

- Top 5 Tips to Reduce Calories
  April 24 5:30-8:00pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

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**Chaparral Real Estate Update**

**Last 12 Months Chaparral MLS Real Estate Sale Price Stats**

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<thead>
<tr>
<th></th>
<th>Average Asking Price</th>
<th>Average Sold Price</th>
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<td>February 2017</td>
<td>$469,900</td>
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<tr>
<td>January 2017</td>
<td>$502,944</td>
<td>$497,950</td>
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<tr>
<td>December 2016</td>
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<td>October 2016</td>
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<td>March 2016</td>
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<table>
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<tr>
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<tr>
<td>April 2016</td>
<td>25</td>
<td>23</td>
</tr>
<tr>
<td>March 2016</td>
<td>24</td>
<td>11</td>
</tr>
</tbody>
</table>

To view more detailed information that comprise the above MLS averages please visit chaparral.great-news.ca
Ron Southern School (K-4) *Anticipated opening September 2017* Silverado South East High School Grades 10-12 *Anticipated opening September 2018* Seton Calgary Catholic School District: St. Marguerite School (Grades K-6) New Brighton OPEN Prince of Peace School (Grades K-9) Auburn Bay OPEN Our Lady of the Rosary School (Grades K-6) Cranston OPEN Mahogany School (Grades K-6) *Anticipated opening Fall 2018* Silverado School (Grades K-9) *Anticipated opening Fall 2017* Legacy High School (Grades 10-12) *Anticipated opening Fall 2018*

Congratulations

Congratulations to the residents at Auburn Heights Retirement Residence who competed in the All Seniors Games. What an impressive group, including Florence Slavinsky, who turned 102 on the day of the closing ceremonies. Some students at Strathcona-Tweedsmuir School recently learned about vulnerable groups of people in the Calgary area and became experts on their particular group. They contacted local government officials to raise awareness, visited the group and became advocates for them. This impressive group presented to the Calgary Foundation to convince them to continue to fund these organizations. At the end they held an assembly to celebrate student learning, which I was able to attend. What an amazing group of future leaders.

Did you know?

- Our office presents congratulatory scrolls for anniversaries. Birthdays, anniversaries and experienced volunteer instructors will once again conduct these courses. Registration required and fees apply. For course times and to register, visit www.friendsoffischreek.org/programs/anniversary.
- I will visit your child’s school and speak about the role of an MLA, government, and answer students questions.
- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.
- If you have any questions, concerns or are in need of assistance, please contact my office at (403) 215-8930 or calgary.southeast@assembly.ab.ca I also post regular updates on my Facebook page @RickFraserYYCSE

When I was elected the biggest concern of Calgary-South Constituency residents was lack of schools. I heard your concerns and worked hard to bring 13 new schools to our constituency.

I’ve been so fortunate to attend openings for several of them recently, with more to follow.

Calgary Board of Education:

New Brighton School (Grades K-4) New Brighton OPEN Copperfield School (Grades K-4) Copperfield OPEN Auburn Bay School (Grades K-4) Auburn Bay OPEN George Stanley School (Grades 4-8 year one, and 4-9 year two) Cranston OPEN Dr. Martha Cohen (Grades 5-8 year one, and 5-9 year two) Copperfield/New Brighton OPEN

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost-effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Free Estimates 403-875-8463
Hello people of Ward 14!

Last month I did a bit of a primer for the new season. Since we are now entering the first full month of spring, I want everyone to remember a couple of seasonal tidbits that I wrote about in March.

Street sweeping, civic census, & voter registration are all online

You can still find all of the information that you need—including the latest information on when to move your vehicle—at calgary.ca/sweep. You should also have received your access code for the online civic census and voter registration by mail in March. All of these things are very important, and all of them are now available online (which saves taxpayers money).

Ward 14 Traffic Safety Meeting (another reminder from last month)

Traffic Safety is constantly one of the most popular topics in Ward 14. Anyone who is concerned with traffic safety (especially those who are Star Wars fans) will be happy to hear that they can join the Calgary Police Service, and the City’s transportation department on May the 4th to discuss the topic. I will also be with you. Join us from 5:30 p.m. to 8 p.m. at the Mid-Sun Community Centre.

Roadway Activity Map

I really like maps. Those close to me know this very well. I like them because they teach me all sorts of new things, and because they are incredibly useful. That is why I am happy to share the newest addition to the City of Calgary’s collection of online maps: the Roadway Activity Map. The map combines a number of data sources to provide real-time information on both planned and active road construction work projects. It includes both short term, and long term projects like construction paving, sidewalk closures, and microsurfacing, as well as special event closures like parades and festivals.

You can find the map at maps.calgary.ca/roadwayactivities, or find the entire City of Calgary Map collection by clicking ‘maps’ on calgary.ca.

Should Calgary Bid on the 2026 Winter Olympics

The topic of bidding on the 2026 Winter Olympics is going to be one that is discussed for months to come, if not years. The decision making process will begin with a thorough investigation of how the Olympic bid will impact Calgary.

There are many factors to consider in the decision to bid, and the website shouldcalgarybid.com contains lots of information. Our investigation will also include learning what Calgarians think about the bid. The website that I mentioned also contains a survey. If you want to take the survey, do it soon. I am not sure how long it will be available.

April CouncilTalk

This month CouncilTalk will be in the main gym at the Deer Run Community Centre (2223 146 Avenue S.W.) from 1 p.m. to 3 p.m. (please note the later than usual start time). There are only three more opportunities (including April) to hold CouncilTalk before the summer, so please make sure you get out to one. The other dates and times for CouncilTalk are posted on calgary.ca/counciltalk, or you can get reminders by signing up at calgary.ca/ward14connect. Tell your friends to join too. The more, the merrier!

Thanks for reading, and don’t hesitate to contact me anytime!

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